REGINA metro®

NEWS WORTH SHARING.

FORD ON FORD

AFTER A TWO-MONTH REHAB STINT, TORONTO'S MAYOR TALKS DRUGS, HIS FITNESS FOR OFFICE AND ALL THOSE THINGS HE SAID PAGE 3

Mission: To find their inner 'giant tyrannical robot' ...

Five Alarm Funk brings new sci-fi concept album to Regina PAGE 8

Making history at Wimbledon

Raonic, Bouchard advance to mark Canada's most impressive tennis feat yet PAGE 13

Premier Brad Wall looks at a washed-out section of Highway 18, just east of Carnduff, during his tour of southeastern Saskatchewan's flood-damaged areas on Wednesday. Inset: Murray Blakwill carries a cooler of food he recovered from his parents' flooded home in Springside.

DON HEALY/THE CANADIAN PRESS; INSET: LIAM RICHARDS/THE CANADIAN PRESS

Tally hits 96 for areas in states of emergency

'We're surrounded here.' Around 300 people have fled their Saskatchewan homes

Water sloshes around Jace Brown's waist as he walks through his farmyard in the far southeastern corner of Saskatchewan, near the village of Carievale.

Brown's land was submerged when a deluge of rain this past weekend caused widespread flooding in eastern Saskatchewan and western Manitoba.

"We're surrounded here," Brown said on Wednesday. "We got a lot of stuff flooded out."

Everything is under water except his house, which was saved because people in the community rallied to build a sandbag wall.

About 96 municipalities in the two provinces have declared states of emergency. It's estimated that more than 300 people were out of their homes in Saskatchewan, while high water had forced some 500 people in Manitoba to flee.

Premier Brad Wall toured Saskatchewan's hardest-hit areas by helicopter on Wednesday.

"I have a hard time describing what I saw from the air in terms of just the amount of water that is literally everywhere," Wall said in Melville, about 145 kilometres northeast of Regina.

Flooding continued to threaten a hospital in Melville after a creek rising behind the facility led to an evacuation of more than 150 patients and long-term residents on Tuesday.

Early estimates show the rainstorm and flooding could cost more than Saskatchewan's flood in 2011 because it's so widespread. That flood cost the province $360 million.

Many flood prevention projects have been carried out across the province during the past several years, but Wall said this storm was unprecedented.

"Are we ever going to have infrastructure that proofs us against nine inches of rain in 48 hours?" he asked. "Probably not."

Emergency officials warned that water was still rising in many areas of the southeast.

Carievale, population 250, is one of two Saskatchewan communities that remained cut off. Access was also lost to the village of Gainsborough, population 300.

THE CANADIAN PRESS

Flooding

City makes application for flood damage compensation

Regina is applying to have residents compensated for uninsurable property damages sustained through southeastern Saskatchewan's recent torrential downpours.

At a special meeting on Wednesday, council unanimously approved the city's application to the Provincial Disaster Assistance Program (PDAP).

PDAP, a federal program administered by the provincial government, aims to help residents, small businesses and agricultural operations get back on their feet after suffering damages in natural disasters.

"This is the first step in providing financial relief to residents who have uninsurable damage to their property and business," Mayor Michael Fougere told reporters at city hall.

The province has to approve the city's PDAP application before residents and business owners can apply.

According to Fougere, he was told by the province that Regina's application will be quickly approved.

City emergency manager Jay O'Connor expects that Reginans might be able to begin PDAP applications by Friday.

"For the application, it's very important that people document what they're doing and ... if you're able, get started on the work right away," O'Connor said.

Applications will be available online and at city hall.

Eligible claims can include cleanups, structural repairs, restoration and preventative measures.

In the past, homeowners were eligible for up to $240,000 in compensation while small businesses, agricultural operations and non-government organizations were eligible for up to $500,000. Those figures are subject to change.

The City of Regina has received 500 service calls because of flooded basements, sewer backups and seepage due to the recent rainstorms.

SARAH TAGUIAM/METRO

Regina fitness model goes global with glamour

Regina fitness model and Anytime Fitness franchise owner Holly Barker is featured on the July 2014 cover of Australian magazine Women's Health and Fitness. Barker says seeing herself on the cover is a "dream come true." Inset: The cover of the magazine featuring Barker. COURTESY HOLLY BARKER

Going global.
Business owner Holly Barker makes waves on Australian magazine cover

SARAH TAGUIAM
sarah.taguiam@metronews.ca

A Regina fitness model and business owner has made it Down Under.

Holly Barker is featured on this month's cover of the Women's Health and Fitness magazine in Australia.

Barker, who grew up in the Saskatchewan town of Whitewood, sees her photograph on the magazine cover as a dream come true.

"It's a total fruition for every single day that I worked really hard," Barker, 31, told Metro.

"It's just proof that if you work hard and constantly put yourself out there, something spectacular will happen."

Her dream, however, didn't come true overnight.

Barker earned a finance degree at the University of Saskatchewan and worked in the investment sector for a while.

It wasn't until four years ago that she tried her hand at entrepreneurship.

Along with her husband, Brett, she owns two Anytime Fitness branches in Regina.

"I've always wanted to be in business and be passionate about my business," Barker said, "so having the two franchises is certainly a marriage between the two."

On top of owning the gyms, Barker competes internationally in bodybuilding. She's set to compete at the National Physique Committee championship in San Diego this fall.

"I train every day and try to motivate others through it," she said.

Barker posts photographs of her training routines on Twitter and Instagram to inspire her followers to lead healthy lives.

"All our wants and goals are global," she explained, "and making it onto the magazine just proves how you can also be global, even if you're from small-town Saskatchewan."

Motorcycle gang sets up shop in Sask.

Police in Saskatoon are monitoring a motorcycle gang that has set up shop in Saskatchewan.

According to Saskatoon police Det.-Insp. Jerome Engele, the Outlaws motorcycle club has seven full-patch members in the city.

"There's been intelligence reports coming in with them seen driving around wearing their colours, so there definitely is a faction that has moved into the city," said Engele, head of a police investigative support division.

In other parts of Canada, mainly Quebec and Ontario, the Outlaws are rivals of the Hells Angels with a conflict stretching back to 1977.

Though the Hells Angels are not classified as a criminal organization in Saskatchewan, Engele said the arrival of the Outlaws — whom he speculates have likely been drawn by the province's strong economy — is cause for concern.

"We have another group who is vying for territorial ground to do whatever they do," he said.

Detective Staff Sgt. Len Isnor of the Ontario Provincial Police biker enforcement unit said it's uncertain what the Outlaws will mean for Saskatoon and Saskatchewan.

"Will there be violence? It's always a possibility," Isnor said. "But it's so impossible to predict."

Isnor explained that in recent years, the Hells Angels have opted for diplomacy through intimidation, noting they would rather convince a rival club to disband before turning to violence.

Morris Bodnar, a lawyer for a Saskatoon Hells Angels member, said the arrival of the Outlaws has no implications.

"I don't know how bad it is elsewhere and I don't know what the Outlaws are like," Bodnar said. "But I know what the Hells Angels are like, and they do not create problems for people." MORGAN MODJESKI/METRO IN SASKATOON

Toronto Mayor Rob Ford in an executive committee meeting Wednesday. CHRIS SO/TORSTAR NEWS SERVICE

Putting the focus on Ford

Toronto's Mayor Rob Ford returned to city hall this week after two months in rehab, pleading for a second chance. He sat down Wednesday with a handful of television networks for one-on-one interviews.

THE CANADIAN PRESS

ON DOING DRUGS

The stress of running Canada's largest city is not what drove Rob Ford to substance abuse, he said Wednesday. Ford told CBC he has been under the influence of alcohol while at city hall as mayor, but never used drugs there.

He was adamant that his professional life is not what prompted his substance abuse, saying he was born with a disease and he will die with it.

"I think people don't understand the triggers and cravings," Ford said. "Some people blame it on their job. This is a disease that was not this job."

ON HIS FITNESS FOR HOLDING OFFICE

Ford said he drank and did drugs "for years" before he was elected mayor. The drugs he used ran the gamut, he said, telling TV station CP24 that he had done mushrooms, marijuana and "everything you can think of," but not heroin.

When asked if someone with uncontrolled cravings is fit for the office of mayor, Ford insisted the job is not one of his triggers.

Ford would not commit to resigning if he relapses, saying only that he is taking it one day at a time.

"I did not drink yesterday and I haven't drank today," he said.

ON THE POLICE INVESTIGATION

Ford has vowed to no longer associate "with the criminal element that's before the courts," but said on the advice of his lawyer he still will not consent to an interview with the police. Toronto police spokesman Mark Pugash said Wednesday the criminal investigation into the mayor is ongoing.

The embattled mayor also admitted he was smoking crack cocaine just days before he left for rehab, confirming that was the substance in a pipe he was seen holding in a video image obtained by the Globe and Mail.

ON MAKING RACIST, HOMOPHOBIC SLURS

Ford also said the disease makes people say and do things they otherwise wouldn't do and he offered a blanket apology for using ethnic slurs and making reportedly homophobic remarks.

"Everything I said while I was using — I offended a lot of people and all I can do is apologize and say sorry," Ford told CP24 when asked if he would apologize to Toronto's "diverse community."

"I cannot change the past and I think that covers everyone that you just mentioned."

War crimes. Secret memo suggests U.S. had no basis to charge Omar Khadr

A previously secret memo on CIA involvement in drone killings is casting new doubt on whether the American government had any legal basis to prosecute Canada's Omar Khadr for war crimes.

In fact, Khadr's lawyers argue in new filings to the U.S. Court of Military Commission Review, the document by the Dept. of Justice emphatically rejects any such legal foundation, and say his convictions at Guantanamo Bay should be set aside immediately.

The memo — produced in July 2010 — only came to light last month after a court ordered it disclosed in a freedom of information case. Specifically, the U.S. Dept. of Defence wanted to know whether CIA agents who operated drones — but who are not part of the military and do not wear uniforms — could be considered "unprivileged belligerents" and therefore be guilty potentially of war crimes.

In the detailed opinion several months before Khadr pleaded guilty before a widely maligned military commission, the office of legal counsel in the Dept. of Justice concluded war criminality turns on a person's actions, not on factors such as whether the person is part of an army or wears a uniform.

Omar Khadr appears in an Edmonton courtroom in 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

"That completely blows away one of the major prongs of the government's theory in all these Guantanamo cases," Sam Morison, Khadr's Pentagon-based lawyer, said in an interview Wednesday.

In Khadr's case, the Pentagon maintained that as an unprivileged belligerent, Khadr had violated the "U.S. common law of war" in taking up hostilities against American forces.

However, the legal analysis in the CIA case makes no mention of any such body of law.

"The whole purpose … was to evaluate whether the CIA agents were violating the law," Morison said. "The only reasonable interpretation of that analysis is that there is no such thing (as common law of war)."

THE CANADIAN PRESS

Respect my Arthur-ity

Surveyor Jason Rappe uses GPS technology to measure dunes for an upcoming dune replenishment project in Mirlo Beach, N.C., on Wednesday. The region is preparing for tropical storm Arthur, which Environment Canada is warning could also bring some rough weather to Atlantic Canada this weekend. MARK WILSON/GETTY IMAGES

Miami nice. Canadian government looking to unload Florida mansion

The federal government is putting a multimillion-dollar Miami mansion back on the market five years after buying it for $1.9 million.

The Department of Foreign Affairs is looking for a Miami real estate agent to sell the opulent property, which has served as the Canadian government's official residence since 2009.

An unofficial estimate on real estate website Zillow.com puts the value of the 7,466-square-foot property at almost $5.5 million.

The sale comes as the department looks to scale back on its international properties to generate $80 million in revenues over the coming years — an initiative announced as part of Ottawa's 2012 budget.

"Under the strategy, high cost, oversized and/or poorly located housing is being replaced by more appropriately sized and located properties," departmental spokesman John Babcock wrote in an email to Torstar. "In various cities across the U.S.A., Canada will replace up to 12 properties that are larger than we currently require. One of these is Miami."

The Zillow listing notes that "no expense was spared" in the construction of the Spanish-style mansion, which features high ceilings for natural light, staff quarters, and a saltwater heated pool surrounded by "lush landscaping."

TORSTAR NEWS SERVICE

The Canadian federal government is selling this property it owns in Miami. CONTRIBUTED

Israeli settlers accused of murdering an Arab teen

Reprisal? Palestinian President Abbas said it's clear extremist Jews murdered the teen and he called on Israel for justice

The Palestinians accused Israeli extremists of abducting and killing an Arab teenager and burning his body Wednesday, sparking hours of clashes in east Jerusalem and drawing charges that the youth was murdered to avenge the killings of three kidnapped Israeli teens.

Seeking to calm the explosive situation, Israeli Prime Minister Benjamin Netanyahu urged a swift inquiry into the "reprehensible murder" and called on people to respect the rule of law. Palestinian President Mahmoud Abbas said it was clear extremist Jewish settlers were responsible and called on Israel to bring the killers to justice.

"The settlers have killed and burned a little boy. They are well known," Abbas said, accusing Israel of tolerating settler violence toward Palestinians. The death added to tensions caused by the killings of the three Israeli teens, whose bodies were found Monday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see a slideshow of photos from Wednesday's clashes in Jerusalem between Palestinians and Israeli soldiers following the suspected abduction of an Arab teen.

→ See the full instructions on Metro's Voices page.

A Palestinian man argues with Israeli police on Wednesday. THE ASSOCIATED PRESS

U.S. Bipartisan report endorses some Internet monitoring as 'valuable'

An oversight board has given its endorsement to some of the U.S. National Security Agency Internet surveillance programs that were revealed last year after leaks by former NSA contractor Edward Snowden.

The new report, which the five-member bipartisan Privacy and Civil Liberties Oversight Board adopted, found that the National Security Agency's collection of Internet data within the U.S. passes constitutional muster and employs "reasonable" safeguards designed to protect the rights of Americans.

David Medine, a former government privacy lawyer who chairs the board, said NSA's Internet surveillance was found to have been "valuable and effective for protecting the national security and producing foreign intelligence information."

The first time the board dissected an NSA surveillance program, it found fundamental flaws, arguing in a January report that the NSA's collection of domestic calling records "lacked a viable legal foundation" and should be shut down. But in its latest study, it takes the opposite view of a different set of NSA programs revealed last year by former NSA systems administrator Edward Snowden.

THE ASSOCIATED PRESS

'Legal and reasonable'

The oversight board, including a Democratic federal judge, two privacy experts and two former Republican Justice officials, found the NSA monitoring was legal and reasonable.

- That said, the board noted that the rules "potentially allow a great deal of private information about U.S. persons to be acquired by the government."

North Dakota. State wants lawsuit challenging their gay marriage ban dismissed

State officials in the rural northwestern state of North Dakota are asking a U.S. federal judge to dismiss a lawsuit challenging its constitutional prohibition on same-sex marriage.

The state attorney general's office filed the motion late Tuesday in U.S. District Court in Fargo, and its solicitor general argues in court documents that states have the right to define and regulate marriage.

Similar cases are being heard in courtrooms around America, and gay marriage bans have already been struck down in several other states, including in Kentucky on Tuesday. The fight to legalize gay marriage began in earnest after the U.S. Supreme Court struck down part of the Clinton-era federal Defence of Marriage Act last year.

Same-sex marriage now is legal in 19 U.S. states, including several socially conservative ones, following an impressive legal winning streak for proponents since the Supreme Court last year struck down a key part of the Clinton-era federal Defence of Marriage Act. Recent polls show a majority of Americans support gay marriage. The issue of whether a state can ban it is expected to eventually reach the Supreme Court.

North Dakota voters overwhelmingly approved a state constitutional ban on same-sex marriage 10 years ago. The ballot received 73 per cent approval.

Seven couples filed the federal lawsuit last month, making North Dakota the last state with a gay marriage ban to be sued by gay couples. The complaint seeks a declaration that the ban is unconstitutional.

THE ASSOCIATED PRESS

'The state has the right'

"Nothing in the United States Constitution prevents the people of North Dakota from defining marriage as the legal union between a man and a woman."

North Dakota Solicitor General Doug Bahr
Comment in his 50-page response to a federal lawsuit challenging the state's ban on gay marriage.

Florida. Fabien Cousteau surfaces after a 31-day underwater experiment

Fabien Cousteau says his 31-day underwater living experiment in the Florida Keys was a monumental success that used tools his famous ocean explorer grandfather could only dream of.

Cousteau and a team of filmmakers and scientists dove June 1 to Aquarius Reef Base to study a nearby coral reef.

The crew started decompression Tuesday inside the pressurized lab, 63 feet below the ocean's surface off Key Largo. They resurfaced Wednesday and returned to the Aquarius command centre in Islamorada.

The entire expedition was broadcast in real time online, and Cousteau held video chats with classrooms worldwide. Cousteau says he was struck by the sunlight and fresh air when he emerged Wednesday morning.

Cousteau and his team of filmmakers and scientists made the dive to study the effects of climate change and pollution on the coral reef.

THE ASSOCIATED PRESS

Fabien Cousteau reacts as he returns to the dock after 31 days undersea in the Aquarius Reef Base, Wednesday, in the Florida Keys. THE ASSOCIATED PRESS

Oops! Extensive errors

Studies reporting simple way to make stem cells withdrawn

U.S. and Japanese scientists who reported that they'd found a startlingly simple way to make stem cells withdrew that claim Wednesday, admitting to "extensive" errors in the research. In two papers published January in the journal Nature, the researchers said that they'd been able to transform ordinary mouse cells into versatile stem cells by exposing them to a mildly acidic environment.

THE ASSOCIATED PRESS

Ukraine

Bringing back the ceasefire

Russia, Ukraine, Germany and France agreed Wednesday on a series of steps for a resumption of the ceasefire in eastern Ukraine, where fighting between government troops and pro-Russia separatists has taken 400 lives. The steps include reopening talks by Saturday.

THE ASSOCIATED PRESS

Protecting soldiers

Germany wants weapons-capable drones

Germany's defence minister wants to buy weapons-capable drones to protect soldiers from attack, drawing criticism in a country where the U.S. use of drones to kill terror suspects has caused unease. Ursula von der Leyen told lawmakers Wednesday that the German military has had positive experiences with an unarmed drone that could quickly spot an attack.

THE ASSOCIATED PRESS

Al-Qaida risk

Tighter security at some airports

The United States has ordered tighter security at some foreign airports offering direct flights to the United States, the American Homeland Security secretary said Tuesday. Intelligence officials are concerned about new al-Qaida efforts to produce a bomb that would go undetected through airport security.

THE ASSOCIATED PRESS

In pictures

1 India. Anniversary for gay rights
A gay rights activist on Wednesday celebrates the fifth anniversary of an Indian court's ruling decriminalizing homosexuality in India. THE ASSOCIATED PRESS

2 Egypt. Jailed journo feels hopeless
The family of Mohamed Fahmy, an Egyptian-Canadian journalist convicted on terrorism-related charges, says he doesn't want to put much hope into efforts to free him just yet. THE ASSOCIATED PRESS

3 Italy. Protesting Syrian weapons
Women wear hospital masks as they stage a symbolic protest against the arrival of ships carrying Syrian chemical weapons, in Gioia Tauro, southern Italy, Wednesday. THE ASSOCIATED PRESS

4 California. 3-2-1 ...
A Delta 2 rocket with the Orbiting Carbon Observatory-2 satellite launches at Vandenberg Air Force Base, Calif., Wednesday. THE ASSOCIATED PRESS

5 Russia. Low and dry
An employee of Russian Space Training Center dries the space suits of Russian, American and Japanese astronauts after a simulated water landing near Moscow, Wednesday. THE ASSOCIATED PRESS

Midnight ride

Ex-president faces charges in French corruption probe

Former French president Nicolas Sarkozy's car wheeled out of the court parking lot in the dead of night Wednesday after he was charged in a corruption probe.

The former conservative party leader is accused of tapping political allies to gain intelligence on a flurry of probes linked to campaign finance. He has vigorously denied wrongdoing and planned to address the latest allegations on television Wednesday. THE ASSOCIATED PRESS

Former French president Nicolas Sarkozy THE ASSOCIATED PRESS

Arrests

511

In a rare scene of disorder, Hong Kong authorities cleared out hundreds of protesters who blocked part of the city's financial district early Wednesday, a high-profile reflection of rising anxiety over Beijing's tightening grip on the little enclave of incomplete democracy at the southeastern edge of Communist China. Police arrested 511 people who staged an unauthorized overnight sit-in on an avenue running through the heart of the city after a rally the day before in which tens of thousands of demonstrators marched in the streets to push for the right to elect their leader free of limits Beijing wants to impose.

83 years late

Long, looong-lost letter delivered

A letter written by a Maine school teacher in 1931 to her mother 150 miles away has finally been delivered — 83 years later.

Miriam McMichael, then 23, sent the nine-page letter from Houlton to Dollena McMichael in Pittsfield. Both women have since died. Michelle Rowell, a postal worker at the Pittsfield post office, found the letter and said she knew it was old because of the two-cent stamp. THE ASSOCIATED PRESS

Note to American customers: Target is not a shooting range

'Open carry.' Retailer asking shoppers to not bring firearms into its stores, even where allowed by law

Target is "respectfully" asking its customers not to bring firearms into its stores, even where it is allowed by law.

In a statement posted Wednesday on the retailer's corporate blog, interim CEO John Mulligan said that Target wants a "safe and inviting" atmosphere for its shoppers and employees.

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create," he said.

In many states, carrying unconcealed guns in public is legal.

Molly Snyder, a Target spokeswoman, said that Target's move is a "request and not a prohibition."

"We don't have any plans for proactive communication to guests beyond what Target leadership shared today," she added.

Target does not sell guns in its stores or on its website.

Target Corp. made the announcement as it faced pressure about its policy on the "open carry" of firearms in its stores. A group called Moms Demand Action for Gun Sense in America gathered nearly 400,000 signatures for a petition asking Target to prohibit shoppers from carrying guns into its stores.

The group has said it is responsible for getting several chains, including Chipotle, Starbucks and Jack in the Box, to make similar moves. It introduced the campaign after gun rights groups carrying loaded rifles frequently gathered in Target stores including Texas, Alabama and North Carolina to demonstrate in support of "open carry" laws.

"Such positive safety changes made by some of our country's leading retailers are proof of the influence of women and mothers," said Shannon Watts, founder of Moms Demand Action for Gun Sense in America. "As we look toward election season, we hope our legislators are taking notice that when women and mothers collectively raise our voices — and soon cast our votes — we are determined to leave an impact." THE ASSOCIATED PRESS

In this 2013 file photo, shoppers arrive at a Target store in Los Angeles, Calif. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Quoted

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create."

Interim Target CEO John Mulligan

Porter must pay in cash when it bumps passengers: Agency

Forced to refine system. Carrier ordered to pay passengers cold, hard cash, not $500 vouchers for future travel, when passengers are bumped

The Canadian Transportation Agency has ordered Porter Airlines to pay cash to passengers bumped from domestic flights.

The regulator has given the carrier, which operates turboprops primarily from Toronto City Centre Airport, until July 8 to detail the actual compensation.

Porter currently doesn't have a compensation policy for passengers bumped due to overbooking from flights within Canada, but has provided a $500 voucher for future travel as a "goodwill gesture."

Responding to a complaint from air passenger rights activist Gabor Lukacs, the agency found Porter's current policy was "unreasonable."

It also ordered the airline to either rebook passengers on Porter or other airlines or provide a free flight back to the point of origin if the bumped passengers no longer wants to continue their travel.

The CTA previously ordered Porter to compensate bumped passengers travelling from Canada to the United States. In that case, Porter must pay twice the total one-way fare or up to $650 if passengers arrive at their destination one to four hours later than scheduled, and four times the fare or up to $1,300 if they're more than four hours late.

THE CANADIAN PRESS

Air Canada must also pay

Air Canada was previously ordered to pay cash compensation to bumped passengers on domestic flights.

- It pays between $200 to $800 in cash, depending on the length of the delay, for flights within Canada and from Canada to the U.S. It pays up to $650 and $1,300 for delays involving flights from the U.S. to Canada.

Ceili is hoping to squeeze back into her dog sweater

Staff worker Kelli Quinones walks golden retriever Ceili on a treadmill at the Morris Animal Inn in Morristown, N.J., in June. For Ceili, it was easy to fatten up when living with a boy who pushed tasty morsels over the edge of his high chair. The extra weight led Eileen Bowers of Bedminster, N.J., to sign up the more-than-100-pound pooch for a five-day fitness camp last month at Morris Animal Inn. The camp offers swimming, nature hikes, treadmill trots, facials, massages and healthy treats like organic granola, string beans and carrots. THE ASSOCIATED PRESS

Int'l Energy Agency

Electronic devices on 'standby' hog electricity: Report

Billions of electronic devices around the world that are constantly on "standby" are wasting enough electricity each year to power 80 per cent of Canada's needs, says a new report.

And it's only going to get worse, says the International Energy Agency, unless we do something about it.

The report says that demands of businesses and consumers always to be connected comes at a price.

Devices like refrigerators and coffee makers are now being made with connections to the Internet — which means they always have to be powered up to receive instructions.

TORSTAR NEWS SERVICE

Qantas Airways

Plane turns around due to water leak

Water flowed down the aisles and rained down on passengers of a double-decker Qantas Airways flight bound for Australia after a leak that forced the plane to return to Los Angeles late Tuesday, airline officials and passengers on the flight said.

The flight to Melbourne landed safely again at Los Angeles International Airport about an hour after takeoff, the company said in a statement.

Qantas said there were no safety concerns with the leak and that the captain decided to turn the Airbus A380 around in the interest of passenger comfort. THE ASSOCIATED PRESS

Canadians
FINISH THE SENTENCE

Play Taxi Media, the Canadian based media company with a national ridership of touch screens in taxicabs, asked more than 4,500 riders across the country to finish a series of questions and shares with Metro News their findings.

LOVE:

Thoughts on a riders relationship with their ex demonstrated a strong correlation between men and women feeling that they were much better off without their past lover. In terms of crushes, men and women scored "neck in neck" in noting that most currently do not have a crush but men did score higher when it came to admitting a current crush on a coworker.

LIFESTYLE:

When asked what most riders felt they should change about their current lifestyle, the percentage of men to women who felt they could be a better friend proved equal. The majority of women indicated that they are most keen on going back to school while the bulk of men noted that they felt they needed to slow down on partying. Life also "won't be complete" until the majority of women travel with their male counterparts wanting to finish with more money. Both sexes equally demonstrated the ultimate goal is to get married and start families.

play™ TAXI MEDIA

Lawsuit. LiLo claims maker of Grand Theft Auto stole ... her image

Lindsay Lohan is suing the makers of the Grand Theft Auto video games. The actress says the latest instalment used her image and created a character based on her without her permission.

Lohan's lawsuit was filed Wednesday in a Manhattan court.

Grand Theft Auto V game maker Take-Two Interactive Software Inc. and subsidiary Rockstar Games declined to comment. THE ASSOCIATED PRESS

Lindsay Lohan
THE ASSOCIATED PRESS FILE

Facebook. Details of 'emotional contagion' experiment spreads upset

British data protection authorities are investigating revelations that Facebook conducted a psychological experiment on its users.

The Information Commissioner's Office said Wednesday that it wants to learn more about the circumstances of the experiment carried out by two U.S. universities and the social network.

The researchers manipulated the news feeds of about 700,000 randomly selected users to study the impact of "emotional contagion," or how emotional states are transferred to others. The researchers said the evidence showed that emotional contagion occurs without direct interaction between people and "in the complete absence of nonverbal cues."

The survey provoked an outcry about the ethics of manipulating users' feeds without their consent. THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.75¢ (+0.03¢)

TSX 15,209.79 (+63.78)

OIL $104.48 US (-$0.86)

GOLD $1,330.90 US (+$4.30)

Natural gas: $4.36 US (+$0.08)
Dow Jones: 16,976.24 (+20.17)

GOING BACK TO NOWHERE

HE SAYS

John Mazerolle
metronews.ca

I come from nowhere. More specifically, I come from New Brunswick.

I'm taking my girlfriend there in a couple of weeks and she thinks I'm underselling my home province — maybe because I keep saying the three best things are my friends, my family and edible seaweed, not necessarily in that order.

But it's a tricky thing, explaining New Brunswick. I'm finding describing my home province a bit like trying to explain depth to a two-dimensional life form or purple to a blind person. New Brunswick has its pros and cons but to most of the country it's a cipher, an empty space. If it were eliminated from the map by nuclear warfare, all you'd say when you got out of your car is that the drive to Nova Scotia is faster than you remember.

Think about it. Can you name the best hockey player to come out of New Brunswick? No? In Canada, doesn't that mean it might as well not be there? And what about the best musician from N.B.? The best actor? The most striking landmark? The most famous building? What you like the most? The least? Do you even know what the old Brunswick is?

You might have very positive views about Toronto or Saskatchewan, or you might wish Godzilla would visit those places. But you probably have some idea what it is you are loving or hating.

What springs to mind when you think of New Brunswick? It's like a zen koan, designed to free your mind of conscious thought. It's not a good thing or a bad thing. It's just there. Or not. New Brunswick, the new play by Samuel Beckett. It's been a problem for people in New Brunswick too, as can be seen in years of failed advertising slogans so vague as to be meaningless: "Wow!" was one. No, really. It was just "New Brunswick: Wow!" Another was "Be … In This Place," which really does seem like a zen koan.

And when New Brunswickers aren't being vague, they're trying too darn hard. The province's biggest boosters often seem like people striking up the band so you won't notice the ship is sinking. My hometown, Saint John, has taken to calling itself Renaissance City since I left, which is only accurate in that Saint John often leaves you wondering if you've returned to the 16th century.

Keep in mind, I like Being … In That Place. It's just no obvious consensus has been reached on what New Brunswick is or what it can be. For most of Canada, it's just nothing, but from a tourism perspective I can laud the French-English mix, whale watching, a couple of great national parks and some beautiful sunsets.

I'm not sure I could move back, but I know there's enough beauty there for me to pull my girlfriend close and whisper sweet New Brunswicks in her ear. Wow.

MILITANTS AT WORK

Iraqis who have fled recent fighting in the cities of Mosul and Tal Afar try to enter a temporary displacement camp but are blocked by Kurdish soldiers on Wednesday in Khazair, Iraq. For more images of refugee life in Iraq over the past week, scan this image with your Metro News app. ALL PHOTOS SPENCER PLATT/GETTY IMAGES

The Islamic State looks to tighten grip on land

Fresh from success in Iraq, a Sunni extremist group tried to tighten its hold Wednesday on territory in Syria and crush pockets of resistance on land straddling the border where it has declared the foundation of an Islamic state.

The militant group has fed off the chaos and supercharged sectarian atmosphere of Syria's civil war to seize control of a large chunk of territory there. With its recent blitz across Iraq, it has expanded its gains while also effectively erasing the border between the two countries and laying the groundwork of its proto-state.

The group this week unilaterally declared the establishment of an Islamic state governed by Shariah law and demanded that all Muslims pledge allegiance to it.

THE ASSOCIATED PRESS

By the numbers

800K

Number of people who have fled the city of Mosul, Iraq's second-largest city, since the Islamic State militants took control, according to the International Committee of the Red Cross in Iraq.

Who are the Islamic State?

The Islamic State of Iraq and Syria, now calling themselves simply the Islamic State, are an al-Qaida breakaway group.

- Extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East and beyond in various forms over Islam's history.
- But ISIS has managed to do what al-Qaida never has — carve out a large swath of territory in the heart of the Arab world and control it.

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MetroTube

This is Verruckt

ANDREW FIFIELD
andrew.fifield@metronews.ca

Behold Verruckt, opening this summer in Kansas City and verified by Guinness as the world's tallest waterslide. After hiking more than 250 steps to the top, riders are strapped in a four-person raft and sent down an early vertical 168-foot drop, because lesser waterslides are for babies.

Obviously, hydrothrillseekers are eager to see what it's capable of, so a park designer and ride engineer rigged a few POV cameras and took it for a spin.

If you're wondering what incredible phrase the Germans managed to squeeze into "verruckt," it just means insane — which is disappointing. (SDG/YouTube)

ISTOCK

metro

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SCENE 2

Of trippy dreams, ice cream, instruments and imaginations

A sound story. Five Alarm Funk brings sci-fi concept album Abandon Earth to Regina

BACKSTAGE PASS
Jacob Morgan
saskatoon@metronews.ca

Fresh off a run of red-hot shows at the Saskatchewan Jazz Festival, Vancouver's Five Alarm Funk is rumbling back through the province this month.

The band will play in Regina while riding high on the strength of a new sci-fi concept album, Abandon Earth.

"Our music has always totally lent itself to the idea of a concept album," says drummer and vocalist Tayo Branston.

"Songs that aren't necessarily speaking words, but kind of input images into your mind."

While the group's previous release Rock The Sky featured occasional lyrics and was nominated in the instrumental category at the 2013 Juno Awards, this time around Branston wrote a larger-than-life story to match the massive grooves.

"Our vocals act as an extra percussive element to the song," he says.

"It has changed from this clean funk to a very aggressive, raspy, almost screaming kind of heavy funk."

The tale begins with We All Scream, in which an evil ice cream man lures the band into ingesting frozen treats laced with hallucinogens.

Vancouver band Five Alarm Funk will play in Regina at O'Hanlon's Pub on July 20. CONTRIBUTED

"We actually enter into the deepest parts of ourselves and find this giant tyrannical robot," he explains.

Through their trippy dream, he adds, Five Alarm Funk wreaks havoc on the world. It all culminates with the second-last track, Higgs Boson, when a particle collider at the centre of the planet is activated and generates a giant black hole.

"We see the Earth implode on itself and that is kind of the destruction of our own being. So the ice cream man has won," he says.

In this way, the musicians are the villains and the victims.

Branston says the theme uses a completely fun and fantastical approach to represent "the continuous progression of man and technology and this thirst for more and more."

The android inside

"We actually enter into the deepest parts of ourselves and find this giant tyrannical robot."

Tayo Branston
Drummer and vocalist of Five Alarm Funk

Although space imagery has been a staple of funk music at least since George Clinton stepped aboard the mothership with Parliament in the 1970s, Branston says one of the biggest influences on Abandon Earth was Frank Zappa's rock opera Joe's Garage.

"The band spent quite a lot of time listening to that record when rolling around in the van," he says.

Like Zappa's refusal to be pegged, Five Alarm Funk incorporates everything from Balkan rhythms to prog-rock into its funk and jazz sound.

"You can tell there's little hints of what we love in everything we do," says Branston.

But perhaps Abandon Earth's greatest achievement is its ability to capture the excitement of the band's live show in the studio, which Branston attributes to producer Ben Kaplan.

"When you put this album on and you listen to it, the production value is 100 per cent the best product we've ever had," he says. "It sounds incredible."

TODAY'S TIP
Hair Care
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Shia LaBeouf ALL PHOTOS GETTY IMAGES

They tried to make Shia go to rehab, he said no, no, no (but did seek help)

A publicist says Shia LaBeouf is being treated for alcoholism. Melissa Kates said Tuesday the 28-year-old actor has not checked into a rehab facility, but is receiving voluntary treatment for alcohol addiction. Kates said in a statement that LaBeouf's recent actions — which include an arrest for disrupting a Broadway play — are symptoms of a larger health problem. She said he has taken the first of many necessary steps toward recovery. LaBeouf was charged with disorderly conduct, criminal trespass and harassment during a production of Cabaret last week. The actor was arrested for drunken driving in 2008 after he crashed his pickup truck, injuring his hand and knee. LaBeouf is best known for appearing in the first three Transformers films. THE ASSOCIATED PRESS

Jewel

Jewel follows her Intuition, splits with hubby after 16-year relationship

Singer Jewel and her husband are divorcing after a 16-year relationship. The 40-year-old writes in a letter posted on her website that she and Ty Murray want their separation "to be nothing less loving than the way we came together." A representative for the singer confirmed the news Wednesday. Jewel and Murray were married in 2008. They have a son named Kase. Jewel says she decided to write the post — called Dear World — to inform her fans before the news broke in the tabloids. Her hits include You Were Meant for Me, Foolish Games and Intuition. Her 1995 debut album, Pieces of You, has sold more than 12 million units in the United States. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's hard to Get Her Back when she won't listen to the album

MELINDA TAUB
Metro in New York City

I know I'm not the only one who thinks Get Her Back is kind of gross. I appreciate that Robin Thicke misses his ex-wife Paula Patton, but dude — making a video of a Paula look-alike drowning in a skull mask before flashing the words "This is just the beginning," is unlikely to get you anything but a restraining order.

Luckily, there's one person who hasn't experienced the full weight of Robin Thicke's creepy take on romance: Paula Patton herself, who hasn't listened to the album. "I don't think she wants to hear it right now," Robin told Hot 97. "I can't speak for her, but I think space is an important part of any healing process."

Kudos to Paula. I imagine there's not much that would hurt Robin Thicke more than refusing to listen to him croon about you.

Paula is making sure that their healing process is spacious indeed. In addition to refusing to listen to his music, she and Robin haven't seen each other in four months. That must take some work, since they share a four-year-old son. Maybe they pass him back and forth wearing blindfolds — and, for Paula, earplugs, in case of any crooning sneak attacks.

Cameron Diaz

It may not be a real sex tape, but Cameron Diaz still bares all in it

Cameron Diaz does something she's never done before in her upcoming movie Sex Tape. She gets naked on camera. It's a first for the 41-year-old actress, who described the experience to Esquire magazine as "just a part of the role." She says her co-star Jason Segel also gets nude onscreen.

In Sex Tape, Diaz and Segel play a bored married couple who decide to spice things up by filming a sex tape. After it's accidentally leaked, they try to get it back. She also has a labour scene in the film. Diaz has been open about not wanting children in real life, saying she never really wanted to be a mother. THE ASSOCIATED PRESS

Nicole Scherzinger talks about battle with bulimia

Nicole Scherzinger

In the new issue of British Cosmopolitan magazine, singer and former Pussycat Dolls member Nicole Scherzinger opens up about her secret struggle with bulimia. "It is such a horrible paralyzing disease and it was such a dark time for me ... It robs you of living your life," she tells the magazine.

Scherzinger hopes that sharing her story will serve as an inspiration for other people who are struggling with an eating disorder. "You can recover and you can get rid of it forever," she says. "I did it and that's why it's so important for me to share my story."

She says that she developed the eating disorder when she was in her early 20s. METRO

Robin Williams stays sober with 12-step program during visit to Minnesota

Robin Williams

Robin Williams is reconnecting with the 12-step program during a brief stay at a Minnesota facility. A spokeswoman for the 62-year-old actor-comedian says Williams planned the visit as a respite to recharge after more than 18 straight months of work. Publicist Mara Buxbaum said Williams is "taking the opportunity to fine-tune and focus on his continued commitment, of which he remains extremely proud." Williams has been open about the challenges of maintaining sobriety. He sought treatment in 2006 when he relapsed and returned to drinking after 20 years. THE ASSOCIATED PRESS

LIFE 3

PLUS HOMES

3 braids to beat the heat

City humidity and heat doesn't mean you have to spend summer in ponytails and messy buns. DreamDry senior stylist Faith Huffnagle shares with us three beautiful braided styles that not only look awesome, but keep you cool. Bonus: All three styles are easier to do when your hair is a little dirty, so go ahead and hit snooze.

EMILY LAURENCE
Metro World News

For the beginner braider: The Fishtail

This fishtail braid looks elaborate, but it seriously only takes five minutes to do. Part your hair and divide it into two sections. Huffnagle recommends a side part so your braid will land over your shoulder. Take a small part of the outer section of one of the two sections you divided your hair into and cross it over, adding it to the inside of the other hair section. Then, do the exact same thing with the other side. Keep your braid tight or it will fall out later. When you're done, secure the end with an elastic and pin in any fly-aways. Pro tip: "The smaller the sections are that you pull from the two bigger sections, the more bone-like and delicate the braid will look," Huffnagle says.

For the intermediate braider: The Juliette

The Juliette is perfect if you are going out to drinks with friends or on a date. Start by sectioning the top third part of your hair and dividing it into three sections. Start a regular braid, but after the first pull, drop one of the section parts and weave a new section part in with the other two section parts. You will be adding to the two original sections all the way around your head, dropping one section with each pull, creating the cascading waterfall look. "If a layer ends, just connect it to another piece of hair in the back and continue from there," Huffnagle advises.

Use a curling wand to create the soft waves. "To really highlight the waterfall, curl the small sections cascading from your horizontal braid," Huffnagle says.

Keeping your hair summer safe

- For protection during the sizzling summer months, try **Live Clean Monoi Oil Leave-in Treatment.** A blend of rich coconut oil infused with Tahiti's native Tiare flower. Strengthening hair before damage begins, this product tackles the many problems summer throws at your hair — moisture loss, frizz and environmental damage. live-clean.com

For the expert braider: The Bianca

This crown braid has a bohemian music festival look to it that makes it perfect for summer. Start by grabbing a four-inch section of hair behind your ear. Then, divide that section in to three equal parts, like you would to start a normal braid. What makes this outside braid different from a normal braid is that you are constantly moving the centre piece, pulling it over both ways. The front piece ends up joining the back piece, very similarly to a French braid. Keep going around your head by pulling more hair from the top all the way around. As you braid, make sure it's tight; you can pull it apart a little at the end to loosen it up. Once you get all the way around your head, finish braiding any extra hair, secure it with an elastic and pin it behind your ear or in the back. Pull the braid apart a bit to make it look more relaxed.

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Bonnie

Age:21

Occupation: OCAD student

What she's wearing:

BDG shoes, skirt from Black Market, Aritzia shirt, Brandy Melville sweater and purse from Value Village.

Her inspiration:

"I am inspired by Japanese street culture… and I really love the Spice Girls (specifically Baby Spice and Ginger Spice … I love platforms and still wear them.)

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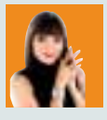


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Oh Canada! Nostalgia reigns supreme this #CanadaDay #cottagelife

Lasso summer with rope accents

We usually think of natural rope as utilitarian, used to tie down furnishings on moving day or keep parcels tightly sealed. But its rough-hewn texture offers an excellent way to add a relaxed eco-look to interiors. Available in many colours and thicknesses, rope is fantastic for DIY projects. Not so handy? Here are some products (and inspiration) that tie the knot in style.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Get your napkins in a twist

Set sail for elegant dining. Braided Nautical Rope Napkin Ring, $4.70, BedBathAndBeyond.ca

Lash your mirror to the wall

Simple wood-framed mirror gets a casual lift from its chunky rope and decorative knobs. Emilio Wall Mirror, $360, CrateAndBarrel.com

Jute as much as you can handle

Stylist Sibella Court's sleek iron handle gets wrapped in natural jute rope for humble nautical flair. Fixed Rope Handle, $12, Anthropologie.com

Pendant lamp shows you the ropes

Rope, wood and glass make for an eco-stylish light fixture. Mango Large Hanging Pendant, $232, VdeVmaison.com

Lay your cords on the table

Mix with blue and white for a nautical inspired luncheon or with silver and gold for an elegant dinner. Vera Wang's Vera Infinity, five-piece place setting, $155, TheBay.com

Send the ants in your pantry packing

Indoor invaders. Keep your house from turning into an ant farm with advice from pest control experts

Ants can be a serious nuisance as they forage for food in cupboards and drawers. ISTOCK

Opening a bag of sugar to find ants crawling about is an experience no one wants to have, yet ants are a common pest many householders battle annually.

Jennifer Murphy, a Victoria resident, had just moved into her new home when she started to think there might be a pest problem. First she found ants in a large bag of sugar, and then while her husband was chopping vegetables he was bitten by an ant, and the pain was so intense he cut himself.

"We were annoyed," says Murphy. "But we knew that because we live in a warm climate, bugs were bound to come around. We had just moved in so we needed to figure out where they were coming from."

The potential entry point and cause of what Murphy believes was a carpenter ant problem was a disconnected dryer vent and a woodpile stacked against the outside wall of the house.

"We moved the woodpile away from the house and connected the vent," she says. "We squished all the ones we found in the house, and that seemed to get rid of them pretty quick."

Ants like moisture

Kurtis Brown, technical supervisor at Victoria Pest Control, says the nesting structure of carpenter and odorous house ants, the two most common types, means there is only so much people can do to avoid a problem.

"Many ants are seeking moisture. Making sure our homes are in good repair, where we fix leaks and we aren't piling soil over our foundations and on to our siding," says Brown.

Aphids attract ants

To deter ants, avoid planting anything in the garden that will attract aphids. Brown says ants are aphid farmers and will move them from around plants to feed on their droppings.

"If you are going to plant something that are prone to aphids, it's important to make sure the aphid population doesn't get out of control," he says. "The relationship between ants and aphids is important, and it is important to avoid planting vegetation right next to our houses where aphids and ants can be found."

Satellite colonies

Carpenter and odorous house ants are particularly problematic because of the way they develop their nests and colonies. Brown says carpenter ants, which have one queen, develop satellite colonies where they move larva, which is what is normally found in a home.

"It's a nest, but there is just no queen," says Brown. "That is where the problem lies with carpenter ant control. You're not only dealing with the ants in the house, but also the constant threat of a parent colony re-establishing a satellite colony in the house. They essentially become a problem because they walk up to the house and walk into it. They walk under the siding, or a power line or up the siding on the outside."

If left unchecked, carpenter ants can eventually cause severe structural problems to load-bearing beams and other parts of the home.

Odorous ants

Like carpenter ants, it is the nesting structure of the odorous house ant that makes them a concern for homeowners.

"They have a multiple queen and multiple nest site structure," says Brown. "There can be anywhere from one nest with one queen to a colony taking over 60 hectares and one million workers."

While odorous house ants don't cause any physical damage to the home, Brown says they can be a serious nuisance as they forage for food in cupboards and drawers. As their name suggests, odorous ants can also stink. They release a pheromone that smells similar to rancid butter or rotten coconuts. THE CANADIAN PRESS

Ants' colonial power

- People who live in areas with a large odorous ant colony often have a recurring problem.
- "It's really tough to stop odorous house ants," Brown says. "They have the widest nest site tolerance out of all the native ant species, so they can nest almost anywhere. I've found nests in toilet lids, in kitchen cupboards, typical spots like crawl spaces and attics, even in a radio. That is what really adds in, what makes them so successful."
- When dealing with a persistent ant problem, Brown advises avoiding pesticides as they aren't very effective. If a homeowner suspects carpenter ants have taken up residence he recommends contacting a pest expert. Baiting through ant traps can be successful for odorous house ants.

Subtract fish, add mussels and apples for new take on 'fish' cakes

Mussel Potato Cakes with Apple Chutney.

This dish combines unlikely flavours for a delightful combination

"Fish cakes are a staple in the Maritime provinces. Traditionally they were made with salt cod, but now that cod stocks have been depleted, other fish are used," write Alain Bossé and Linda Duncan in their book Mussels. "In this recipe, we've replaced the fish with mussels and green tomato chow commonly served with fish cakes with apple chutney."

Apple Chutney

1. Core and dice the apples.

2. In a frying pan, melt the butter over medium heat and add the apple pieces. Bring to a boil, and stir in the brown sugar and cinnamon. Reduce the heat and simmer until the apples are tender, stirring occasionally. Can be served hot or cold.

Mussel Potato Cakes

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the apple juice and mussels. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Let the mussels cool. Remove the mussel meat from the shells and put it in a covered bowl or dish. Reserve half a cup (125 ml) of the broth.

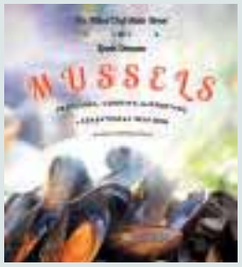
4. Place the onions and mussel broth in a sauté pan and bring to a boil. Reduce the heat to a simmer and cook until the onions are soft and the liquid is reduced by half.

5. Place mashed potatoes, onions, broth, parsley, summer savory, eggs and mussel meat in a large bowl. Gently mix by hand. Form into 3 oz (100 g) cakes; coat lightly with flour.

6. Fry the mussel cakes in butter over medium heat until crisp and golden brown on both sides. **RECIPES FROM MUSSELS (WHITECAP BOOKS) BY ALAIN BOSSÉ AND LINDA DUNCAN**

Cookbook of the Week

Mussel your way through the kitchen



Alain Bossé and Linda Duncan combine their love for mussels in their aptly titled book Mussels: Preparing, Cooking and Enjoying a Sensational Seafood.

The release features 77 recipes that range from expected dishes such as apps, salads and mains, to pies and cocktails. Enjoy recipes such as Cajun Mussel Soup, Mussels Carbonara, Coconut and Panko Mussels, Mussel Mac and Cheese, Halibut with Mussel Cream and more. **METRO**

This recipe serves four. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

Ingredients

Apple Chutney
- 2 medium apples
- 1 1/2 tbsp (22.5 ml) butter
- 1/4 cup (60 ml) packed brown sugar
- 1/4 tsp (1 ml) cinnamon

Mussel Potato Cakes
- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) apple juice
- 1 large onion, chopped
- 3 cups (750 ml) cooked mashed potatoes
- 2 tbsp (30 ml) chopped fresh parsley
- 1 1/2 tbsp (22.5 ml) summer savory
- 2 eggs, beaten
- 1/4 cup (60 ml) flour
- 2 tbsp (30 ml) butter

This recipe serves two. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

App. Root Beer Mussels

"This fun recipe is very simple and will definitely bring out the child in you. It might be a neat way to get the kids to try a new food," write Alain Bossé and Linda Duncan in their book Mussels.

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the mussels, root beer and shallots. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Spoon the mussels in a large bowl to serve family-style and pour the broth over-top.

4. Serve with crusty bread and potato chips.

Ingredients

- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) root beer
- 1/4 cup (60 ml) minced shallots

For your phone

From Harvest to Heat (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This journey between farm and kitchen links a dozen recipes with stories of American artisans and farmers, adding country flavour to roasted trout, tomato galette, and lobster Mac and Cheese.

4 SPORTS

'I was just blown away'

Bouchard has a fan in trailblazer

The only Canadian woman to achieve a world top-10 ranking in tennis is watching Eugenie Bouchard's run at Wimbledon with great interest.

Carling Bassett-Seguso was a world No. 8 almost 30 years ago. Currently 13th, Bouchard is assured of equalling that when the next rankings are released Monday.

"I'm telling you she's going to number one," Bassett-Seguso told The Canadian Press following Bouchard's quarter-final win over Angelique Kerber on Wednesday. "I watched her play. I don't watch too much women's tennis to be honest with you. I watched that match and I was just blown away."

THE CANADIAN PRESS

Will and Kate

Genie makes room for Royals

Eugenie Bouchard was minutes away from walking out for her quarter-final match when she found herself in the middle of a royal moment: Prince William, second in line to the British throne, was in the house with his wife, Kate.

"It was funny, when we walked out at five to 1 of the members' locker-room, all these security guards rushed over to us and were like, 'Nobody move. Move your bags to the side. There's some royals coming through.' We're like, 'OK.'

"So we were just waiting, and then suddenly William and Kate walk by to go on Centre Court. I was a little bit in awe."

THE ASSOCIATED PRESS

Bouchard, Raonic extend Canada Day

Wimbledon. Emerging young singles setting new standards for Canadian excellence

Canada's Milos Raonic celebrates after beating Nick Kyrgios of Australia on Wednesday at Wimbledon.
BEN CURTIS/THE ASSOCIATED PRESS

First there was Canada's Davis Cup semifinal appearance last fall. Next came Eugenie Bouchard's trip to the final four at the Australian Open early this year.

Now Bouchard is getting ready to play in her third straight Grand Slam semifinal at Wimbledon and this time she will be joined there by fellow Canadian Milos Raonic. It's the most significant achievement yet in the country's rise as a tennis power as no two Canadians have ever advanced this far at one major.

"I'm sure that the outbreak and the response back home is of much more magnitude than anything else that's happened or that's resonated," Raonic said Wednesday after defeating Australian wild card Nick Kyrgios 6-7 (4), 6-2, 6-4, 7-6 (4) to advance to his first career Grand Slam semifinal.

"I think not only (Bouchard) in the last two Slams, but us doing it at the same time here is bigger than anything we've done in Davis Cup, anything we've done at Fed Cup. It has a bigger audience, a bigger meaning, a bigger recognition."

Bouchard advanced to her third straight major semifinal by defeating Germany's Angelique Kerber 6-3, 6-4. The result is expected to move her into eighth on the WTA rankings list Monday, equalling the Canadian-best ranking held by Carling Bassett-Seguso.

"I'm excited to be in the semis. But, of course, I'm never satisfied, so I definitely want to go a step further, or as far as I can," Bouchard said.

Both have their work cut out for them in the semifinals.

Raonic has not beaten his semifinal opponent, seven-time Wimbledon champion Roger Federer, in four career matches.

Bouchard has less history with her opponent, Romania's Simona Halep.

The Romanian won their only meeting, on hardcourt at Indian Wells last March. But fourth-ranked Halep, like Bouchard, is a rising star.

THE CANADIAN PRESS

Support from a trailblazer

"I'm telling you she's going to No. 1. I watched her play. I don't watch too much women's tennis, to be honest with you. I watched that match and I was just blown away."

Canadian Carling Bassett-Seguso — a former world No. 8 almost 30 years ago — predicting more success for Eugenie Bouchard

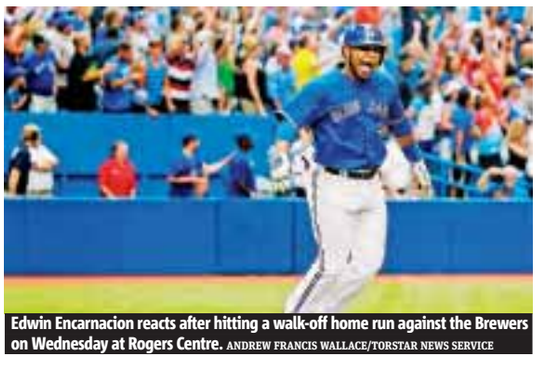
AUGMENTED REALITY

→ For more photos from Wimbledon on Wednesday, scan the image with your Metro News app.

→ See the full instructions on Metro's Voices page.

metro AR

Jays slugger takes parrot for walk-off win



Edwin Encarnacion reacts after hitting a walk-off home run against the Brewers on Wednesday at Rogers Centre. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The Milwaukee Brewers could have intentionally walked Edwin Encarnacion to load the bases with two outs in the bottom of the ninth of a tie game.

Instead they decided to pitch to the Toronto slugger, and he ended the game in walk-off fashion.

Encarnacion turned on a 3-1 slider from Brandon Kintzler for a no-doubt three-run shot that gave the Blue Jays a 7-4 win over the Brewers on Wednesday afternoon.

"He hanged (it), I banged it," Encarnacion said.

The win gave Toronto (47-39) a two-game mini-sweep of Milwaukee (51-35) and extended the Blue Jays' lead atop the American League East to 1 1/2 games over Baltimore. The Orioles were scheduled to play the Texas Rangers later Wednesday.

Encarnacion, who's now tied for the major-league lead with 26 homers, raised his arms in the air after finishing his swing. He dropped the bat, clapped his hands a few times and began to trot around the bases as the 24,286 fans at Rogers Centre roared in approval.

"For me it's the best moment you can have," Encarnacion said. THE CANADIAN PRESS

On Wednesday

7	4
Blue Jays	Brewers

Bombers not taking Redblacks lightly

CFL. Expansion team's veteran QB, experienced personnel draw respect from first regular-season foe

Opposing players are rarely popular in Winnipeg, but quarterback Henry Burris expects a special level of animosity when he leads the Ottawa Redblacks on the field for their first regular-season game as a CFL franchise Thursday at Investors Group Field.

"I'm the most hated man in the Prairies now, I guess," said Burris, who spurned an offer to quarterback the Blue Bombers.

He says he made the decision to be closer to family in Springfield, Mass., but also to be part of something historic — the return of Ottawa to the CFL.

On Thursday, just about everyone cited Burris as the reason the Redblacks have a better shot this season than your average expansion franchise.

Burris tried to downplay his role with the team.

"I appreciate that, but for me, I go through my guys. I work my butt off to make sure that we're prepared, because when we're all on the same page, especially as an offence, it makes my job that much easier, especially with the guys that they brought in."

He said he has a great receiving corps in players like Paris Jackson, Marcus Henry, Kierrie Johnson, Matt Carter and Dobson Collins.

"They brought in a lot of great weapons for me to get the ball to."

Bombers head coach Mike O'Shea may not know exactly what to expect from the Redblacks on Thursday but he says there are a lot of reasons, including Burris, not to look at them as just an expansion team.

"They're going to be well coached," he said. "Their GM didn't hire guys that don't have CFL experience. These are all guys that are very well-versed in the CFL game. They're going to be well-prepared."

Jovon Johnson will face his former team as a member of Ottawa's secondary. He said it will feel a little strange not to be playing with the Bombers, who didn't want the former all-star and CFL's 2011 outstanding defensive player back.

While describing it as "a slap in the face," he said "that's just the way the business goes and I'm cool with that."

THE CANADIAN PRESS

Cramping Willy's style

"You've got to play what your eyes see."

Blue Bombers quarterback Drew Willy says he's not quite sure what to expect in facing the Redblacks' defence on Thursday.

Fred Rouse leads the Redblacks out from the locker-room prior to a pre-season game against the Roughriders in Regina on June 14. The Redblacks play their first regular-season game on Thursday in Winnipeg. BRENT JUST/GETTY IMAGES

Brazilian striker Neymar injured his right knee against Chile but team doctors said he will be fit to play Friday against Colombia. TASSO MARCELO/AFP/GETTY IMAGES

World Cup. Colombians sure to push Brazil to limit

Brazil and Colombia enter the World Cup quarter-finals with totally different mindsets.

Brazil is surrounded by doubts after a more difficult start than expected to the tournament it is hosting. Colombia is upbeat after convincing performances and four straight wins.

While the hosts narrowly beat Chile in a penalty shootout to avoid elimination in the second round, the Colombians had a convincing 2-0 win over Uruguay to reach the quarter-finals for the first time.

The South American rivals play Friday in the northeastern city of Fortaleza, with Brazil hoping to keep alive its quest for a sixth World Cup title and Colombia aiming to extend its best-ever run in football's showcase event.

Despite its tradition and home-field advantage, Brazil is far from a big favourite.

"It's normal to have people demanding that we play better," Brazil coach Luiz Felipe Scolari said. "But it's also normal what we have been seeing in this World Cup so far. There were a lot of even matches."

Colombia has won all of its matches without any real difficulty, thanks in part to the tournament's second-best attack with 11 goals. It also has a strong defence with only two goals conceded. Brazil, meanwhile, has scored eight goals and conceded three.

Colombia has beaten Brazil only twice — the last time in the 1991 Copa America — but the teams have drawn the last four matches they played, including in a 2012 friendly in New York. THE ASSOCIATED PRESS

Happy James

"We're very happy because we are making history. We want to do even more because this is a team that really wants to win."

Colombia midfielder James Rodriguez, who leads the World Cup with five goals

More online

Go to metronews.ca for more World Cup coverage.

NHL free agency

Canucks sign 20-goal man Vrbata to two-year deal

The Vancouver Canucks signed right-winger Radim Vrbata to a two-year deal Wednesday.

The 33-year-old scored 20 goals and had 31 assists last season for the Coyotes.

Vrbata, a six-foot-one, 171-pounder from the Czech Republic, has 215 goals and 249 assists in 12 seasons with Colorado, Carolina, Chicago, Tampa Bay and Arizona.

THE CANADIAN PRESS

Right-winger Radim Vrbata joined the Canucks on Wednesday. GETTY IMAGES

NHL free agency

Preds signs Jokinen to one-year deal

The Nashville Predators signed centre Olli Jokinen on Wednesday in their latest attempt to boost an offence that has lacked punch.

The 35-year-old Jokinen had 18 goals and 25 assists in 82 games last season for the Winnipeg Jets. He signed a one-year deal worth $2.5 million.

The Predators ranked 19th in the league with 2.61 goals per game last season.

THE ASSOCIATED PRESS

Sao Paulo police use force

Cops turn stun grenades on fans

Police in Sao Paulo say they used stun grenades and tear gas to disperse thousands of fans celebrating Argentina's 1-0 World Cup win over Switzerland.

A Sao Paulo police department press officer says the partying by close to 3,000 people began Tuesday afternoon and only ended early Wednesday morning, "when we were called in to disperse the crowd that had gotten too rowdy."

THE ASSOCIATED PRESS

OHL

Battalion centre banned for doping

North Bay Battalion centre Jamie Lewis has been suspended eight games for an anti-doping violation.

A urine sample collected during in-competition doping control in May revealed the presence of methylhexaneamine, a prohibited stimulant, according to the Canadian Hockey League and the Canadian Centre for Ethics in Sport.

THE CANADIAN PRESS

NBA free agency

Hayward lands in lovely Cleveland

Gordon Hayward once named Cleveland his least favourite NBA city. He might have to change his mind.

Utah's restricted free agent small forward has scheduled a meeting with the Cavaliers, who have turned their sights to improving their roster after getting all-star point guard Kyrie Irving to agree to a contract extension.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't worry too much about details today. Instead, focus on the bigger picture. That applies as much to your personal life as it does to your work. Don't let loved ones pin you down to plans that stifle your creativity.

♉ Taurus
April 21 - May 21
There is no need to be quite so competitive. The planets indicate if you relax, the rewards will be greater than you imagined. And, you won't have wasted time and your energy on senseless rivalries.

♊ Gemini
May 22 - June 21
With Venus moving through your birth sign, you seem to be more mellow than usual and that's good. It's also necessary as something is about to occur that will take you by surprise.

♋ Cancer
June 22 - July 23
Don't expect everything to go according to plan today. It may be that a colleague is jealous of your success and will say things that are designed to undermine you. Don't take them seriously.

♌ Leo
July 24 - Aug. 23
Over the next 24 hours something will make you want to let the world know what a passionate human being you can be. The only danger is you will come on too strong and frighten special someone away.

♍ Virgo
Aug. 24 - Sept. 23
Put chores out of your mind and focus on what makes you feel good about yourself. Think of dreams you had and plans you made and give yourself credit for coming this far.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may be disrupted today, so try not to make promises you won't be able to keep. There is no point trying to look too far ahead.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today will bring a chance to make much-needed cash but you are going to have to be less conservative in your money-making ventures. You don't have to gamble but be open to alternative possibilities.

♐ Sagittarius
Nov. 23 - Dec. 21
Break a few rules today. The planets are urging you to do something that stirs things up a bit in your quiet little corner of the world. Rock the boat and see who falls out.

♑ Capricorn
Dec. 22 - Jan. 20
As Venus, planet of harmony, is moving through the area of your chart that governs your wellbeing, take things easy today. That's easy by Capricorn standards — people will still get exhausted just watching you.

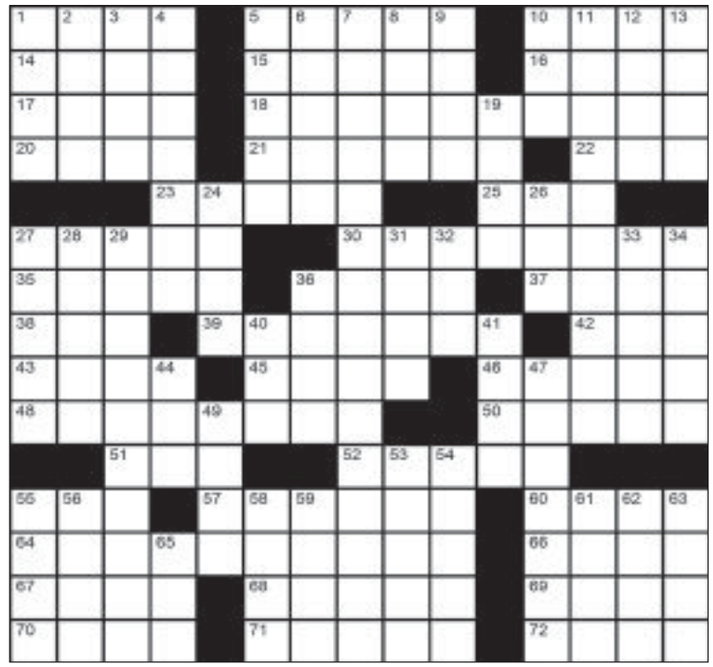
♒ Aquarius
Jan. 21 - Feb. 19
Your passion for a creative project knows no bounds. There is, however, a danger that you could lose touch with reality and allow it to become all-consuming. Don't forget to come up for air, occasionally.

♓ Pisces
Feb. 20 - March 20
Feelings you have been keeping hidden will burst out for the world to see today and, yes, it will be embarrassing. But better to be embarrassed than to go on pretending you don't care. You always care. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

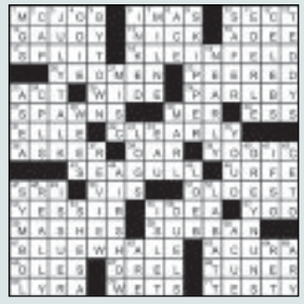
BY KELLY ANN BUCHANAN



Across
1. The Four __ (Canadian singing quartet)
5. Gawk
10. Pinnacle
14. Division
15. Curved
16. "The Maple Leaf Forever" composer: Alexander __ (b.1830 - d.1906)
17. And, e.g.
18. GGFG = Governor General's __ __
20. "On the Loose" is by which Canadian rock band?
21. One who evades
22. Fragment
23. Soil fertilizers
25. Sad ER declaration
27. Streetside 'steeping' spots
30. Casey or Finnegan, e.g.: 2 wds.
35. Provide cheer
36. "Bye!"
37. Fight
38. __ Tin Tin
39. Crop __ (Designs in the wheatfields)
42. French season
43. Requests
45. 1990s kind of party
46. Actress Amy
48. "The Fault in Our Stars" (2014) star Ms. Woodley
50. Bothers
51. Nero's 511
52. Excavation extraction
55. Dined
57. Paltry
60. Canadian songstress, Shakura S'__
64. Gen-Xer's kid, perhaps
66. "Canadian __"
67. Great Lake
68. ___ ($1,000)
69. Film holder
70. Crew __ top
71. Celine's hubby, and namesakes
72. Simple

Down
1. Montreal-born hockey great Mr. Robitaille's
2. Kind of buffalo
3. __-dong! (Doorbell sound)
4. __. __ Village (Winnipeg neighbourhood)
5. More secure
6. Web forum annoyer-er
7. When a musician 'unplugs' he/she is doing a what of their song?: 2 wds.
8. Like a brought-back-to-the-store item [abbr.]
9. The __ (U2 guitarist)
10. Li'l music trophy
11. House's exterior as landscaping, etc. in real estate: 2 wds.
12. 'Noon' in Nice
13. In the past, in verse
19. Language of Pakistan
24. "Hey! Hold on _ __!"
26. Ancient Rome: Harvest goddess
27. Org. that handles the Juno Awards
28. "Witness" (1985) folk
29. "One Nation Under a Groove" band
31. Low-lying area
32. 'P' in literary monogram EAP
33. Celebrated currants-created Cake communication: 2 wds.
34. Hair lock
36. Ocean Spray flavour, __-Raspberry
40. Anger
41. Wrapped garment
44. VI
47. Veronic __ (Canadian impersonator whose repertoire includes Adele and Lady Gaga)
49. Citrus fruit
53. Uplift
54. Mr. Lovett's
55. Church word!
56. Canadian __ 'Money'
58. Bldg. planner
59. Canadian chef Ms. Yarymowich
61. Brain wave
62. John and Jane
63.Friendly nation
65. Currency in Albania

Yesterday's Crossword



Sudoku

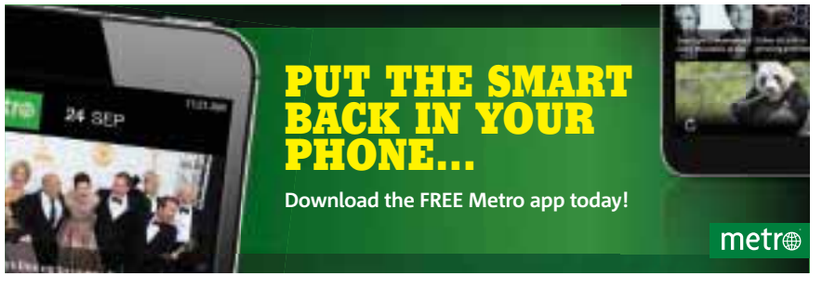
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2			3			1	
			5		6		8	
				7			4	3
6					5	8	9	
	5		9		2		7	
	8	7	6					1
3	9			6				
	1		2		4			
	7			5			6	

Yesterday's Sudoku

8	2	7	6	4	9	1	3	5
1	9	6	8	5	3	7	4	2
5	3	4	7	1	2	6	9	8
4	7	3	2	6	8	9	5	1
6	8	1	4	9	5	2	7	3
9	5	2	3	7	1	4	8	6
3	6	8	9	2	4	5	1	7
2	4	5	1	3	7	8	6	9
7	1	9	5	8	6	3	2	4

Today
26°/17°
Partly cloudy
Friday
31°/13°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data



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